

Green Road Community Center

Fall 2018 Classes and Programs

September - December



Preschool Programs

Ballet Basics I: (age 3) - Learning ballet is one of the most rewarding and enjoyable activities there is! Participants will explore the fundamentals of ballet, including body alignment, basic ballet terminology and principles of postures. Participants will learn to follow instructions while having fun. Prior experience is not necessary. Instructor: Tanisha Patrick, BA in dance and private studio teaching.
Class Fee: \$70.00

#226368 Sept 8 - Oct 20 Sat 10:00-10:45 am
#226369 Nov 3 - Dec 22 Sat 10:00-10:45 am

Ballet Basics II: (ages 4-6) - Young ballet dancers will work on each ballet movement in barre exercise and center exercise and gradually move into combining each move into phrases. They will also gain a sense of awareness, body coordination and body alignment. While dancers focus on a structured lesson plan, they're encouraged to develop their own creativity. Prior experience is not necessary. Instructor Tanisha Patrick has a BA in dance and private studio teaching.
Class Fee: \$70.00

#226370 Sept 8 - Oct 20 Sat 11:00-11:45 am
#226371 Nov 3 - Dec 22 Sat 11:00-11:45 am

Tot Time: (6mo - 5yrs) - The gym is your playground! Come meet other families in your community in a recreational setting. The gym will be open for parents and their young children. Sports and recreation equipment will be available for use. Registration (online or on-site) is required.

Class Fee: Free

#226395 Sept 4 - Dec 31 M-F 10:15-12:00 pm

Soccer - Mini Kickers: (ages 3-5) - This introduction in skills development teaches the basics of soccer, including drills in passing, dribbling & shooting. Class will help develop hand-eye coordination, listening skills, good sportsmanship & teamwork.

Class Fee: \$36.00

#226404 Sept 10 - 24 Mon 6:00-6:45 pm
#226405 Oct 1 - 22 Mon 6:00-6:45 pm
#226406 Nov 5 - 26 Mon 6:00-6:45 pm

Basketball - Little Shooters: (ages 3-5) - This is a skills, drills & play basketball class. Players learn the basics, including dribbling, shooting, passing, one-on-one, offense-defense & team play fundamentals for a rewarding, noncompetitive sports experience.

Class Fee: \$36.00

#226376 Sept 11 - Oct 2 Tues 6:00-6:45 pm
#226377 Oct 9 - 30 Tues 6:00-6:45 pm
#226378 Nov 6 - 27 Tues 6:00-6:45 pm

All Sports - Little Starters: (ages 3-5) - Want to try several sports? Little Starters introduces a different sport each week. Sports may include baseball, football, hockey, lacrosse and others. Get your game on!

Class Fee: \$36.00

#226366 Sept 8 - 29 Sat 11:00-11:45 am
#226367 Oct 6 - 27 Sat 11:00-11:45 am
#226505 Nov 3 - 17 Sat 11:00-11:45 am

Youth/Teen Programs

Kids Night Out: (ages 5-12) - Parents, enjoy this time to relax, relate, and release while the staff at Green Road and your child enjoy a night filled with pure fun and excitement. Each month we will offer a different theme. Preregistration is required. Please contact the facility for additional details.

Class Fee: \$10.00

#226391 Sept 21 Fri 5:30-8:30 pm
#226392 Oct 19 Fri 5:30-8:30 pm
#226508 Nov 16 Fri 5:30-8:30 pm
#226509 Dec 21 Fri 5:30-8:30 pm

Continued →



**Parks,
Recreation and
Cultural Resources**
parks.raleighnc.gov

Green Road Community Center
4201 Green Road
Raleigh, NC 27604
919-996-4141



Ballet Basics III: (ages 6-8) - Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly & safely. They will discover the joy of combining movements into phrases, while also developing their own creativity & expression.

Instructor Tanisha Patrick has a BA in dance and private studio teaching.

Course Fee: \$70.00

#226372 Sept 8 - Oct 20 Sat 12:00-12:45 pm

#226373 Nov 3 - Dec 22 Sat 12:00-12:45 pm

Ballet Basics IV: (ages 8-13) - Young dancers will gain a sense of awareness of body coordination & body alignment. Participants will work on ballet movements in barre & center exercises. While dancers focus on structural lesson plans, they are encouraged to develop their own creativity. Prior experience is required for this course. Instructor Tanisha Patrick has a BA in dance and private studio teaching.

Class Fee: \$70.00

#226374 Sept 8 - Oct 20 Sat 1:00-1:45 pm

#226375 Nov 3 - Dec 22 Sat 1:00 -1:45pm

Basketball Skills for Beginners: (ages 6-9) - Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting & passing along with other drills for ball control will be taught. Be prepared to sweat, learn & have a good time!

Class Fee: \$40.00

#226381 Sept 8 - 29 Sat 10:00 - 10:45am

#226382 Oct 6 - 27 Sat 10:00 - 10:45am

Basketball - Skill Development and Training

Clinic: (ages 10-14) - This fun and instructional program is designed to focus on the player's individual skill development. Drills will put an emphasis on ball handling, shooting and finishing. Players will also get a chance to work on offensive/defensive spacing, passing and defensive footwork. Players will have the opportunity to work on these skills in game situation drills and small-sided scrimmages. Learn teamwork and cooperation, a skill that will last forever.

Class Fee: \$45.00

#226379 Sept 8 - 29 Sat 11:15 - 12:45pm

#226380 Oct 6 - 27 Sat 11:15 - 12:45pm

CAPS: (ages 5-12) The Community Afterschool Program is being offered at several local community centers for children K-6th grade following the Wake County traditional school calendar. This program is designed to offer recreation activities...

...homework assistance, and arts and crafts. For registration information, contact your local community center.

Class Fee: Free

#229927 Aug 27-Jun 11 M-F 3:00- 6:00pm

Y.E.S. Days- Youth Escape School: (ages 5-12) - Need something for your child to do on school holidays and teacher workdays? Enroll in the Youth Escape School (YES) program. This wonderful recreational opportunity provides a safe alternative to children having to stay home while Mom and Dad work. Participants interact with their peers and counselors in fun-filled activities such as sports, arts & crafts, games, movies and a variety of other exciting events. Each participant must bring a lunch, drinks, and 2 snacks and should dress for play. If the minimum registration requirements are not met for a specific date at a location, parents/guardians will be notified at least five days in advance and given the option to change locations or receive a full refund for that date.

Course Fee: \$30.00

#220658 Sept 19 Wed 7:30am-6:00pm

#220659 Oct 31 Wed 7:30am-6:00pm

#220660 Nov 21 Wed 7:30am-6:00pm

#220661 Dec 27 Thu 7:30am-6:00pm

#220662 Dec 28 Fri 7:30am-6:00pm

#220663 Dec 31 Mon 7:30am-6:00pm

TOPs- Teen Outreach Program: (ages 12-17) -

The Teen Outreach Program (TOP) is a free, recreation-based, after-school program for teens ages 12-17 that operates at nine community centers across Raleigh. Activities include athletics, the arts, recreational games, field trips, adventure programs, skill building and more. The goal of the program is to provide a positive and engaging environment for teens in the hours after school. The program also provides mentoring relationships while addressing issues that affect teens, their community and their environment. The TOP program will not be open on teacher workdays or days when WCPSS is closed due to inclement weather. For more information about the program, please call 919-996-2139.

Course Fee: Free

#228628 Sept 4 - Dec 31 M-F 3:00-6:00 pm

Bigger Than Basketball: (ages 16+) - This one day clinic will start with simple basketball fundamentals and work up to more complex skills. The day will be filled with intense drill work, skill application, and competitive mini-games. We will also incorporate life-skills into the day. There will be several opportunities for prizes and rewards throughout the day. Participants need to be dressed in athletic attire with socks and sneakers....

...Please be sure to bring a lunch and one snack.

Class Fee: \$25.00 per day

#228900 Nov 17

Sat 8:00am-1:00 pm

Urban (Soul) Line Dancing: (ages 16+) -

You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Class Fee: \$5.00 per day

Sept 10 - Dec 31

Mon

7:00 - 8:30 pm

Zumba at Green Road with Maria Williams:

(ages 12+) When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Class Fee: \$5.00 per day or Class Pass: \$25.00

Sept 4 - Dec 31

M, T, W, F

6:00-7:00 pm

Adult Programs

Green Road Walking Club: (ages 18+) - Meet new friends, improve your health, and stay active with this free course! Come out to Green Road Community Center during those cold winter months! Walk at your own pace!

Class Fee: Free

#226390 Sept 4 - Dec 31

M-F 10:00-11:30am

Zumba at Green Road with Maria Williams:

(ages 12+) When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they are getting fit and their energy levels are soaring! There's no other fitness class like a Zumba fitness party. It's easy to do, effective and totally exhilarating, often building a deep-rooted sense of community among returning students. Certified Zumba instructor: Maria Elena de Leon Angel Williams.

Class Fee: \$5.00 per day or Class Pass: \$25.00

Sept 4 - Dec 31

M, T, W, F

6:00-7:00 pm

Continued →

Active Adult Programs

Urban (Soul) Line Dancing: (ages 16+) -

You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Class Fee: \$5.00 per day

Sep 10 - Dec 31 Mon 7:00 - 8:30 pm

Exercise - Weight Room/Fitness Room Pass:

(ages 18+) - Check out the fitness room at Green Road! Take advantage of the variety of cardiovascular and strength training equipment available at Green Road and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

Sep 1 - Dec 31

Fee:

City Wide Membership - \$20.00

Daily Fee - \$2.00

Monthly Fee - \$10.00

Monday - Friday 10:00 am - 9:00pm

Saturday 9:00 am - 3:00 pm

Sunday 1:00 pm - 6:00 pm

English as Second Language (ESL): (ages 18+)

These beginner-level classes are designed for people who use a primary language other than English and are interested in learning important skills to communicate in English. Estas clases se ofrecen a niveles basicos. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

Class Fee: Free

#225253 Sep 8 - Oct 13 Sat 11:30am - 1:00pm

#225254 Oct27 - Dec 8 Sat 11:30am - 1:00pm

Pickleball: (ages 18+) - Pickleball is a wonderful fitness and social activity that combines aspects of racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

Class Fee: \$2.00 per day

#227387 Sep 1 - Dec 31 Sun 1:30-4:30 pm

Green Road Open Gym: (ages 18+) - Green

Road has open gym in Gymnasium #1 for ages 18 and up. Players must present a valid photo ID to staff who will hold it while you play. We must have an Adult Open Play Registration Form on file, and you must also sign in daily with the front desk.

Class Fee: Free

#226388 Sep 4 - Dec 31 M-F 12:15 - 2:30pm

Green Road Walking Club: (ages 18+) - Meet

new friends, improve your health, and stay active with this free course! Come out to Green Road Community Center during those cold winter months! Walk at your own pace!

Class Fee: Free

#226390 Sep 4 - Dec 31 M-F 10:00-11:30am

Bingo: (Age 18+) - Come & enjoy making friends & sharing lots of laughs while playing bingo! This is not your typical bingo. We play a variety of games from straight bingo to Four Corners, Postage Stamp & Clear All. Cost is 50 cents per card, or \$1 for 3 cards.

#226383 Sep 4 - Dec 18 Tues 10:00-1:00 pm

Mahjong Madness: (ages 18+) Mahjong is a 2-4

player tile game that originated in China in the 1800's and grew popularity in the United States during the 1920's. Mahjong is an intellectual game involving both skill and luck, which encourages better brain function in individuals. Experienced players will be in attendance to work with beginner players who are interested. Game equipment is provided for up to 16 players. Come join the group and have some fun!

Class Fee: Free

#229674 Sep 4 - Dec 18 Tue 1:00- 4:00pm

Shibashi for Active Adults: (ages 18+) Shibashi

is a gentle, free-flowing qigong routine utilizing movements from Yang style tai chi. The routine consists of an easy-to-remember sequence of 18 meditative movements emphasizing proper posture and deep breathing. There will be visualization practice and discussions explaining how you can cultivate energy that results in improved health. As you gain knowledge of the routine, the increased repetitions will result in improved flexibility and strength. You will also experience better concentration and periods of sustained relaxation and stress relief. Seated modifications will be available for those with physical limitations. Join this wonderful class and enjoy the changes it will make in your life!

Class Fee: \$24.00

#225221 Sep 5 - 26 Wed 11:30-12:30pm

#225222 Oct 3 - 24 Wed 11:30-12:30pm

#229952 Nov 7 - 28 Wed 11:30-12:30pm

#229953 Dec 5 - 19 Wed 11:30-12:30pm

Qigong: (ages 18+) Qigong (pronounced chee-gong) postures promote energetic and internal organ health. This class offers the opportunity to engage in numerous therapeutic postures that use gentle, safe movements. Posture modifications can be made for those with physical limitations....

...Time will be dedicated to qigong breathing instruction, meditation and body energy flow discussions. Join the class and enjoy the benefits of improved health.

Class Fee: \$36.00

#226396 Sep 5 - 26 Wed 10:30-11:30am

#226397 Oct 3 - 24 Wed 10:30-11:30am

#226398 Nov 7 - 28 Wed 10:30-11:30am

#226399 Dec 5 - 19 Wed 10:30-11:30am

Urban (Soul) Line Dancing: (ages 16+) -

You are invited to learn and follow the latest and all-time favorite line dances to urban contemporary, classic R&B/soul and country music. Lessons cover beginner through advanced line dances and improvisational dance techniques. Line dancing is a great form of exercise that is popular at social occasions.

Class Fee: \$5.00 per day

Sep 10 - Dec 31 Mon 7:00 - 8:30 pm

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Class Fee: \$5.00 per day or Class Pass: \$25.00

Sep 4 - Dec 31 M, T, W, F 6:00-7:00 pm

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Class Fee: \$2.00 per day

#227387 Sep 1 - Dec 31 Sun 1:30-4:30 pm

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Class Fee: Free

#225253 Sep 8 - Oct 13 Sat 11:30am - 1:00pm

#225254 Oct27 - Dec 8 Sat 11:30am - 1:00pm

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Special Events

Halloween Spooktacular: (10 & under) - This event offers Halloween fun for kids 10 and under. Join us for a variety of activities and games. Space is limited, and preregistration is recommended. All participants must be accompanied by an adult.
Class Fee: Free

#226389 Oct 29 6:00- 8:00pm

Athletic Teams/Leagues

Boys Little League Basketball: (ages 11-12)
Youth Boys Little League Basketball registration is October 2- October 13, 2017. The Little League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to:
www.raleighnc.gov.

Green Road Community Center
#226940 Nov 5 - Mar 2

League Fee:
\$40 for Raleigh residents
\$55 for non-Raleigh residents

Boys Senior League Basketball: (ages 15-17)
Youth Boys Super Senior League Basketball registration is October 2-13, 2017. The Senior League Basketball League is a way for youth to learn the fundamentals of basketball and to teach positive sportsmanship. This league does keep score and records wins and losses. Volunteer coaches are needed who enjoy basketball, want to teach youth and to help develop league participants' skills and knowledge of basketball. League Age is determined by participant's age on August 31st, of the current calendar year. The registration fee is \$40 for Raleigh residents and \$55 for non-residents. For more information please go to:
www.raleighnc.gov.

Green Road Community Center
#226947 Nov 5 - Mar 2

League Fee:
\$40 for Raleigh residents
\$55 for non-Raleigh residents





Green Road Rental Information

Room	Capacity	Cost
Room 2	30	\$35 Hourly
Room 5	25	\$35 Hourly
Room 4	49	\$35 Hourly
Gymnasium #1 (no a/c)	299	\$60 Hourly
Gymnasium #2 (a/c)	299	\$80 Hourly
Picnic Shelter	60	\$12 Hourly

Brentwood & Spring Forest Rental Information

Room	Capacity	Cost
Brentwood Center	99	\$50 Hourly
Brentwood Shelter	100	\$12 Hourly
Spring Forest Shelter	100	\$12 Hourly
Spring Forest Open Space	n/a	\$30 Hourly



Rental Policies

- ◆ All rooms/spaces must be rented for a minimum of 2 hours (except for fields, open spaces and outdoor volleyball courts).
- ◆ There is a \$15 application fee for all rentals (except for picnic shelters). Completed rental contract and all rental fees must be submitted in order to reserve room/space.
- ◆ Please note that there is a \$100 refundable damage deposit for all room/space rentals (except for picnic shelters). This may be refunded if the renter adheres to the contract and stays within the rented time.
- ◆ For all indoor rentals (except for Brentwood Neighborhood Center), there is an additional fee of \$20 per hour for any room/space rentals that occur outside of operating hours.
- ◆ Reservations may be made no more than 4 months in advance or less than 14 days prior to the event.

Additional Rental Fees

Supervisory Fee (After Hours)	\$20 Hourly
Damage Deposit (Refundable)	\$100
Application Fee	\$15

Community Center Contacts

Front Desk

Green.Road@raleighnc.gov

Assistant Director -

Kyle Swicegood

kyle.swicegood@raleighnc.gov

Contact Information

Green Road Community Center

4201 Green Road
Raleigh, NC 27604

Phone (919) 996-4141

Fax (919) 713-4188

Website - parks.raleighnc.gov

Keyword Search- Green Road Park

Hours of Operation

Monday: 10:00 am - 9:00 pm
Tuesday: 10:00 am - 9:00 pm
Wednesday: 10:00 am - 9:00 pm
Thursday: 10:00 am - 9:00 pm
Friday: 10:00 am - 9:00 pm
Saturday: 9:00 am - 3:00 pm
Sunday: 1:00 pm - 6:00 pm